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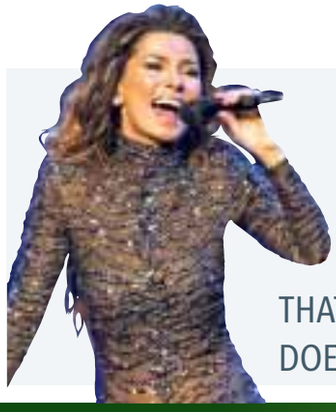

SHANIA'S VEGAS GIG

THAT *DOES* IMPRESS US MUCH. SO DOES THE SEQUINED CATSUIT PAGE 14

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Kelekis closing its doors

Folklorama founder. Mary Kelekis looking forward to a new beginning

BERNICE PONTANILLA
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The phone did not stop ringing all day Friday at C. Kelekis Restaurant on Main Street near Redwood, and the customers kept walking in through the door.

All were there to offer their best wishes to the woman who was the face of her father's restaurant, owner-operator Mary Kelekis.

"It's been kind of hard," said Kelekis late Friday afternoon. "Very emotional, I can't explain it, it's just so hard to explain. They're sad to hear we're closing up.

"It just comes to a point, you know, we've been doing this for 81 years and I'm up there, I'm on the double eights in December and I don't think I can carry it on."

Kelekis, who is turning 88, said she felt that it was time to close one important chapter of her life and begin another.

A founder of Folklorama, Kelekis said she's looking forward to volunteer work with that yearly festival and other organizations.

News of the closure, which takes place on Jan. 30, travelled fast. Kelekis said she had calls from as far away as Boise, Idaho, Houston, Texas and Arizona, as well as numerous calls from former Winnipeggers in Toronto.

"They say, 'Mary, oh how could you?'" she said, adding the caller from Idaho asked her, "Could you send me some hotdogs?"

Alice and Bill Weissmann said the restaurant holds a special meaning in their lives and they wanted to be there for dinner on Friday.

"I feel kinda sad, I'm all choked up," said Alice Weissmann after giving Kelekis a big hug.

"I used to come here a lot with my family."

Kelekis said she hasn't made any decisions yet on selling either the store or the family's famed recipes.

As the hustle and bustle continued around her at the famed diner, which was recently featured in the Canadian hockey movie Goon, Kelekis smiled and said, "Life goes on and I have to do things I have to do."

Beginnings

Mary Kelekis' father, Chris, for whom the C. Kelekis Restaurant is named, immigrated to Canada from a Greek community in Turkey in 1913. Kelekis said her father learned English quickly on his arrival to Montreal and settled in Winnipeg in 1918. The family originally sold french fries out of a Ford Model T in the 1930s.

Mary Kelekis, right, shares a moment with Alice Weissmann after her retirement and the longtime North End restaurant's closure was announced on Friday. BERNICE PONTANILLA/METRO WINNIPEG

380 per cent tax hike? Ouch

City of Winnipeg passes bylaw that is giving advertisers a headache PAGE 3

Earth getting more polluted

Amount of carbon dioxide the world spewed rose again last year by three per cent PAGE 10

Tik Tok: Biebs not taken yet

Ke$ha says she would date Justin Bieber, then wonders, "Wait, is he even legal?" PAGE 15

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Sign companies blast new Winnipeg billboard fees

Signing out. Massive hike in fees has companies frustrated

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

All signs point to disappointment, bewilderment and frustration for owners and employees of advertising companies after a City of Winnipeg committee passed a new bylaw on billboards that amounts to a 380 per cent tax hike.

"We're surprised and disappointed," said Doug Forsyth, director of municipal affairs, Prairie region, for Pattison Outdoor Advertising, one of the biggest ad companies in Winnipeg.

"We now have to make some hard decisions about the business here in the city. We think it's unreasonable to all parties concerned."

About two dozen people packed into a city hall meeting room on Friday where members of the city's property and development committee debated the Digital Sign and Billboard Regulations and Fees bylaw, which has been in the works since 2008.

Representatives of large and small sign companies as well as Dave Angus, president and CEO of the Winnipeg Chamber of Commerce, spoke out against the fees, saying the fees would severely impair the ability to do business.

The proposed rates would see the fee rise for non-digital billboards to $5.70 per square foot from the current $1.50, while the proposed rate for digital billboards was $48 per square foot.

Councillors on the property and development committee voted in favour of passing the bylaw but reduced the digital billboard rate to $34.20 from $48, citing that number as having been mentioned by those in attendance.

However, representatives of the industry refuted that assertion.

Doug Forsyth of Pattison Outdoor Advertising said the new fees for billboards are 'unreasonable.' BERNICE PONTANILLA/METRO

"I'm not sure where that number ($34.20) came from," said Forsyth. "We simply wanted the chance to have a proper consultation which did not happen at all; this was just sprung on us on Monday (Nov. 26)."

John Hoeschen of Zero Din Marketing Solutions said the regulations negatively affect his ability to sell motion advertising on the sign at the Winnipeg Winter Club on Donald Street.

"They want to charge me a premium price for a business fee and they've now taken away my competitive advantage," said Hoeschen.

"(The city said) 'You can't have motion copy and we're going to tax you heavily' (meaning) I'm paying a premium price and I don't get to offer the same product that I have been for five years."

Committee chair Coun. Jeff Browaty (North Kildonan) defended the bylaw, saying the current fees are too low.

"I don't think the new fees are prohibitive," said Browaty. "I think $5.70 for a traditional poster board is a more appropriate rate per square foot."

The bylaw, which would come into effect in summer 2013, now goes to the city's executive policy committee (EPC) and, depending on the outcome at the EPC, could also be debated at the next city council meeting Dec. 12.

Retail centre boasts geothermal tech

The Seasons of Tuxedo development in south Winnipeg will be served by a district geothermal energy system. CHRISD/CHRISD.CA

The Manitoba government is hailing a new retail development using geothermal technology for its heating and cooling needs.

Seasons of Tuxedo, a 275,000-square-foot mixed development that will house between 50 and 60 retail outlets, financial institutions and restaurants, is going to be served by a district geothermal energy system.

"The use of clean, geothermal energy to power major commercial developments bodes well for Manitoba's environment and for the entire commercial world," said Michael Nozick, president of Fairweather Properties, which is developing phase one of Seasons of Tuxedo that should be complete sometime next year.

"I would like to congratulate everyone involved in the project for the insights, integrity, leadership and plain hard work that has made this development possible."

Innovation, Energy and Mines Minister Dave Chomiak said the increased use of geothermal technology is an important part of his government's climate-change and green energy strategies.

"This development proves there is a strong business case for using geothermal technology in Manitoba," said Chomiak in a press release. "The return on investment for this geothermal system is estimated to be less than eight years and each of the tenants will benefit from significantly lower utility costs for the life of the buildings."

Seasons of Tuxedo can now apply for the provincial Green Energy Equipment Tax Credit and a District Geothermal Grant. BERNICE PONTANILLA/METRO

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Waverley West. Roadway project cost has risen by $20M, report says

The cost of the Waverley West Arterial Roads Project has jumped $20 million over original estimates, according to a report going to the city's finance committee on Monday.

A quarterly update from the Winnipeg Public Service released by the city on Friday says the project is on schedule, but the price tag has ballooned to $74.7 million from $54.7 million.

The project, which will see Kenaston Boulevard extended to the Perimeter Highway, roads widened and upgrades along Waverley Street and Kenaston Boulevard, was announced in September 2009, with a funding agreement between the city, the province and Ottawa.

A city release blames part of the shortfall on a slow response from the province to approving the connection of Kenaston Boulevard to the south Perimeter Highway.

"This final direction, needed to proceed with design and engineering, has not yet been received but may lead to additional costs of $5 million depending on the intersection design and layout required by the Province," the release says.

Another $5 million of the shortfall is blamed on a late construction start due to a longer than expected environmental approval process, and another $10 million has been added for the cost of a partial grade separation at Kenaston Boulevard and Bishop Grandin Boulevard.

METRO

Chopper chase. AIR1 dispatched to track escaped police dog

Winnipeg's police helicopter was used to help search for a four-legged escapee in rural Manitoba.

The town of Morden's police dog, which is trained to track down criminals and sniff out illegal drugs, escaped from her kennel last Sunday while her handler was away.

Morden police Chief Brad Neduzak said Chase is trained to bite, so her being on the loose was a concern. Morden officers put together a search party and called on their counterparts in Winnipeg for help. Before long, Air1 was deployed to Morden to assist.

The chopper made the 20-minute flight to Morden, then circled the town for an hour trying to find the two-and-a-half-year-old Belgian Malinois, estimated to be worth between $10,000 and $15,000.

Winnipeg police say the duty officer took into account the volume of calls coming in at the time before weighing the decision to assist.

"You never know until you ask the question, so we did contact the on-duty inspector and threw the question past him and it was minutes later we received a call they would be on their way to help find the dog," Neduzak said.

The Canadian Taxpayers Federation said, given the value of the dog, it made sense to dispatch the helicopter, but hopes the City of Winnipeg will be reimbursed.

Police later learned a Good Samaritan had found Chase and taken her in after spotting her shivering in the cold. The dog was treated for minor cuts to her paws and has since been reunited with her handler.

The kennel has also been reinforced to make sure she doesn't escape again.

THE CANADIAN PRESS/CTV

Phoenix Sinclair was handed back to her father even though he told social workers he wasn't ready to look after her. HANDOUT/THE CANADIAN PRESS

Girl's father regained custody in spite of red flags: Supervisor

Phoenix Sinclair inquiry. Social workers returned girl to father mere weeks after she was taken into care

Despite more than one warning that Steve Sinclair was an alcoholic who was unfit to parent, social workers gave his young daughter back to him, an inquiry into the girl's death was told on Friday.

"To do this work, you need to believe that people can make positive change. Otherwise, you can't do the work," Heather Edinborough testified at the inquiry.

Edinborough was a supervisor at Winnipeg Child and Family Services in June 2003, when Phoenix Sinclair was taken from her father and put into foster care.

Phoenix then bounced in and out of foster care before she was handed back to her mother, Samantha Kematch, in 2004. Months later, Kematch and her boyfriend, Karl McKay, beat the five-year-old girl to death after subjecting her to horrific abuse and neglect.

Soon after Phoenix was taken from her dad in 2003, an intake worker assessed Sinclair as having "questionable parenting capacity, along with an unstable home environment (and) substance abuse issues."

"It would probably not be in (Phoenix's) best interests to be returned to either parent at this time," Laura Forrest wrote. Sinclair and Kematch had separated by this point.

The inquiry has already heard that Sinclair had a long history of violence. An assessment, performed in 1998 as he turned 18, described him as "a highly disturbed individual who should not be left in charge of dependent children."

Despite all the warning signs, social workers were aiming within weeks of the 2003 apprehension to return Phoenix to her father, and did so by October. Edinborough admitted Friday that mistakes were made, most notably that the child was returned, even though Sinclair himself had told social workers "he was not ready."

"That's a very odd thing, for somebody to say I don't want my child back," she said. "It should have been a much bigger red flag ... as a warning about this man's capacity to parent."

Edinborough said another mistake was made at that time: Sinclair's alcoholism was not properly considered.

"The plan ultimately became that (Sinclair's) reliance on alcohol was not so serious as to prevent him parenting his child. I know now that that was wrong," she said.

Edinborough said she relied on information from the social worker who dealt directly with Sinclair — Stan Williams. Williams, who died in 2009, believed Sinclair was addressing his drinking problems and contradicted the earlier reports that warned he was unfit. THE CANADIAN PRESS

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High-school gaffe

Principal outs student at parent assembly warning about booze parties

A Manitoba high-school principal has apologized for naming a student during an assembly aimed at warning parents and teens of the dangers of booze-fuelled parties.

Dan Pona, principal of the high school in Gimli, says it was just one slip in an otherwise important message to the families his school serves.

The school invited students and parents to an assembly Wednesday night to talk to parents about potentially dangerous activity their kids were engaging in at parties, including "binge drinking" and "alcohol initiation."

Pona says there's 100 kids or more at these parties, most of them underage, and he's heard stories of parents even hosting these parties.

During the meeting, Pona said he publicly "outed" one student in the crowd who was known to be planning a big party.

He says he held a followup assembly Friday and apologized to students and staff.

"It was my fault, I spoke in regards to the party that was coming and I named a student," Pona said.

Some students said the school is interfering in their lives outside of classes and said that officials notified RCMP about parties where drinking might be going on. THE CANADIAN PRESS

For more local news go to metronews.ca

You wanna rock? Cum on feel the noize at Rock of Ages, Dec. 11 to 13 at Centennial Concert Hall. SUPPLIED

Back to the glory days of hair metal

Here I go again. Rock of Ages audience members sing along to every hit, star performer says

JARED STORY
winnipeg@metronews.ca

Not so long ago, Universo Pereira was just a city boy, born and raised in south Detroit. OK, Connecticut, but it has been quite the journey — from lead singer of a Nashville-based rock band to a lead role in the North American touring production of Rock of Ages.

"They (Phoenix Entertainment) put the call out looking for Stacee Jaxx. It said, 'Hot mess, train wreck, ego maniac rock 'n' roll singer,' and I thought, 'Hey, I can do that,'" Pereira said. He plays the same bad-boy character Tom Cruise played in the film version of Rock of Ages.

Set in 1987 on the Sunset Strip, the Tony Award-nominated musical tells a funny, feel-good love story through the hair-metal hits of such bands as Poison, Night Ranger, Whitesnake, Quiet Riot and Twisted Sister.

"We've all been hearing these songs forever, and songs like Here I Go Again and Don't Stop Believin' are going to continue to be played forever," says Pereira, who notes his favourite Rock of Ages song to sing is Bon Jovi's Wanted Dead or Alive.

Classic rock

"Songs like Here I Go Again and Don't Stop Believin' are going to continue to be played forever."

Rock of Ages star Universo Pereira

"It's so much fun to be part of these songs and to see the crowd reaction every night. There are people singing right along and they know every word. I like to say that the songs are the real star of the show."

Rock of Ages plays Dec. 11 to 13 at the Centennial Concert Hall. Tickets range from $63.10 to $83.10 at Ticketmaster. Shows start at 8 p.m.

Separate incidents. 3 people in Winnipeg stabbed over the weekend

Police are looking for a suspect after a man was stabbed in the West End early Saturday.

Officers found a 19-year-old man suffering from stab wounds to his upper body around 2:15 a.m. in the 1000 block of Notre Dame Avenue.

The victim was taken to hospital in stable condition.

No arrests have been made, and anyone with information should call investigators at 204-986-6668 or Crime Stoppers at 204-786-TIPS.

Meanwhile, police are investigating another incident after two women were taken to hospital with stab wounds early Sunday.

Officers found the two victims in the 400 block of Boyd Avenue around 2 a.m.

Both women were taken to hospital and one has since been released.

Police are in the early stages of the investigation and a number of people are being interviewed. METRO

Investigation. Man dead after two-vehicle collision in La Broquerie

A rural Manitoba man is dead after a two-car collision in the RM of La Broquerie Friday night.

Steinbach RCMP said they were dispatched to the intersection at Hwy. 12 and PR 303 at about 6:30 p.m.

There, they found a 2004 Dodge Caravan that had been travelling eastbound on PR 303 had collided with a 2002 Pontiac Grand Am that was heading north. The intersection is controlled by a stop sign, said RCMP.

The 48-year-old female driver of the van, from St. Pierre-Jolys, was taken to hospital with undetermined injuries.

The driver of the Grand Am, a 59-year-old man from the RM of Franklin, died at the scene. A passenger in the car was also taken to hospital with injuries.

RCMP said road conditions were fine at the time.

The investigation continues and names will not be released. METRO

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Egypt's top judges strike over courthouse blockade

Power play. Morsi supporters rally to stop judges from ruling on constitutional bias

Egypt's top court suspended its work indefinitely to protest "psychological and physical pressures" after supporters of the Islamist president prevented judges from entering the courthouse Sunday to rule on the legitimacy of a disputed constitutional assembly.

The decision by the Supreme Constitutional Court (SCC) is the latest twist in a worsening political crisis pitting President Mohammed Morsi and his allies against the mostly secular opposition and the powerful judiciary. The standoff began when Morsi issued decrees on Nov. 22 that gave him sweeping powers and granted the president — and the constitutional committee — immunity from the courts.

The Islamist-dominated panel drafting the new constitution then raced in a marathon session last week to vote on the charter's 236 clauses without the participation of liberal and Christian members. The fast-track hearing preempted a decision expected from the SCC on whether to dissolve the committee. The judges on Sunday postponed their ruling on that case.

A day earlier, Morsi announced a referendum on the draft charter on Dec. 15 despite opposition protests and questions about the document's legitimacy.

THE ASSOCIATED PRESS

Dark times

"(This is) the Egyptian judiciary's blackest day on record."

The Supreme Constitutional Court, describing Sunday's blockade

Riot police block supporters of Egyptian President Mohammed Morsi outside the Supreme Constitutional Court in Cairo, Sunday. AHMAD HAMMAD/THE ASSOCIATED PRESS

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Intelligence. Navy struggles to explain lost and found sensitive data

Electronic records detailing the planned overhaul of Canadian naval intelligence — created when admitted spy Jeffrey Delisle was at the height of his treachery — were deleted from a National Defence database.

Two PowerPoint presentations, aimed at explaining the overhaul to intelligence analysts, were reported deleted when copies were requested earlier this year by The Canadian Press.

Military officials described the deletions as a clerical error.

The navy later claimed some copies had survived in email accounts.

"We should be asking questions, absolutely," said retired colonel and military law expert Michel Drapeau.

"I mean, naval intelligence goes to the security of the country, security of people, of our Armed Forces. They are issues of national interest."

Questions about the deletion come at a time when the military's entire handling of sensitive data is under scrutiny.

Last week, court records released in the Delisle case showed the naval officer retained top-secret access even though his security clearance had lapsed and that prior screenings had failed to pick up red flags in his personal life.

Delisle had been working at HMCS Trinity, a top-secret intelligence centre in Halifax, when he was arrested last January for passing classified information over to Russia over a five-year period. He pleaded guilty in October. THE CANADIAN PRESS

Sub.-Lt. Jeffrey Paul Delisle leaves court in Halifax. THE CANADIAN PRESS FILE

Iran

Death sentence for Canadian resident suspended: Lawyer

A lawyer for Canadian resident Saeed Malekpour said that the computer programmer's death sentence on charges of creating a network of porn websites has been suspended in Iran.

The plea coincided with Eid al-Fitr, a day of peacemaking and charity that marks the end of Ramadan, when Iran has sometimes pardoned prisoners.

Amnesty International and several activists have expressed caution, reserving judgement for proof of the suspension. Iran has in the past reversed decisions for clemency.

Malekpour has maintained that a software program he created while in Canada was used without his knowledge to post pornography. But he was nevertheless allegedly tortured for a confession and charged with "insulting and desecrating Islam."

After a 2010 trial widely condemned as unfair — and in which he was forbidden to defend himself — he was condemned to death.

TORSTAR NEWS SERVICE

RCMP urges big changes to witness protection program

Blueprint for reform. Mounties propose admission criteria be expanded to 'a broader spectrum of eligible witnesses'

Youth gang members — not just mobsters, bikers and other traditional protectees — should be allowed into the federal witness protection program as part of a sweeping modernization, says the RCMP.

The Mounties are also embracing intensive psychological examination of potential protectees, a national support centre for the secretive program, and an external advisory board to serve as a watchdog.

The changes are spelled out in a detailed RCMP blueprint for reforming witness protection with assistance from the federal Public Safety Department and the provinces.

Although the paper was completed in May 2010, it was released only now to The Canadian Press under the Access to Information Act.

RCMP spokesperson Laurence Trottier — while providing few details — confirmed that at least some changes have already been introduced. Trottier added that the witness protection program "continues to rapidly evolve."

The program, administered by the Mounties, provides measures ranging from short-term protection to permanent relocation and identity changes. The RCMP spent more than $9 million on the program in 2011-12.

Revelations five years ago that a protectee committed murder while in the program triggered a review and discussion that continues to this day.

Several provinces have their own witness protection programs, but often they provide only short-term assistance. In addition, obtaining new federal identity documents for protectees requires co-operation with the Mounties. THE CANADIAN PRESS

Sweeping reform

- The report says the program must be "better able to respond to current challenges" such as street and youth gang violence.
- The report also says a review of best practices and consultations with other countries revealed that the use of psychologists would "greatly assist" in determining whether someone was suitable for protection and possible relocation.

Wreaths laid to honour fallen veterans

Relatives and members of the public place wreaths at headstones of fallen soldiers during a Wreaths Across Canada ceremony at Beechwood Military Cemetery in Ottawa, Sunday. The commemorative ceremony places a wreath on the headstone of every veteran buried in the National Military Cemetery, the first Sunday of every December at 1:30 p.m. The day also helps teach children the sacrifice of our fallen. FRED CHARTRAND/THE CANADIAN PRESS

Commission says 'no' to building code changes for wildfire-prone areas

A federal commission has rejected proposals to change Canada's national construction codes to better protect communities from destructive wildfires.

The changes would have required builders in areas prone to forest fires to use less flammable building materials, to space buildings farther apart and to keep them clear of trees and vegetation.

"The majority of the provinces said, 'No, you can't put this in the building codes because we couldn't enforce it,'" Philip Rizcallah, of the Canadian Commission on Building and Fire Codes, said from Ottawa. THE CANADIAN PRESS

Worldwide pollution levels on the rise

Global warming. Scientists say CO_2 increase means it's unlikely that countries will meet reduction targets

The amount of heat-trapping pollution the world spewed rose again last year by three per cent. Scientists say it's now unlikely that global warming can be limited to a couple of degrees, which is an international goal.

The overwhelming majority of the increase was from China, the world's biggest carbon dioxide polluter. Of the planet's top 10 polluters, the United States and Germany were the only countries that reduced their carbon dioxide emissions.

Last year, all the world's nations combined pumped nearly 38.2 billion tons of carbon dioxide into the air from the burning of fossil fuels such as coal and oil, according to new international calculations on global emissions published Sunday in the journal Nature Climate Change. That's about a billion tons more than in 2010.

The total amounts to more than 1.1 million kilograms of carbon dioxide released into the air every second.

Because emissions of the key greenhouse gas have been rising steadily and most carbon stays in the air for a century, it is not just unlikely but "rather optimistic" to think that the world can limit future temperature increases to two degrees Celsius, said the study's lead author, Glen Peters at the Center for International Climate and Environmental Research in Oslo, Norway.

THE ASSOCIATED PRESS

A smoggy morning commute in Beijing. China is responsible for the majority of a three per cent increase in worldwide carbon dioxide levels in 2011, making it the world's biggest polluter. GETTY IMAGES FILE

Conference in Doha

Looking beyond Kyoto

Highlighting a rift between the rich countries and emerging economies like China, New Zealand's climate minister staunchly defended his government's decision to drop out of the emissions pact for developed nations, saying it's an outdated and insufficient response to global warming.

Other key issues at the conference, now starting its second week, include how to help emerging nations switch to climate-friendly energy sources and charting the course for a new treaty that would replace the Kyoto Protocol.

THE ASSOCIATED PRESS

2011's biggest polluters

1. China, up 10 per cent to 10 billion tons.
2. United States, down two per cent to 5.9 billion tons
3. India, up seven per cent to 2.5 billion tons
4. Russia, up three per cent to 1.8 billion tons.
5. Japan, up 0.4 per cent to 1.3 billion tons.

The list continues with Germany, Iran and South Korea, followed by:

9. Canada, up two per cent to 0.6 billion tons.

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Trade secrets. Couple convicted of stealing info on hybrid car technology

A former General Motors engineer with access to the automaker's hybrid technology was convicted along with her husband of stealing trade secrets for possible use in China.

Shanshan Du won a transfer within GM in 2003 to be closer to the technology and then copied documents until she accepted a severance offer and left the company in 2005, prosecutors said.

Du, 54, and Yu Qin, 51, were found guilty Friday by a federal jury in Detroit after a trial that lasted weeks. Qin also was convicted of wire fraud and attempting to obstruct justice by shredding documents. They shook each other's hand after the verdict but declined to comment, as did their attorneys.

Shanshan Du THE ASSOCIATED PRESS FILE

Du faces up to 10 years in prison, while her husband faces up to 30. No sentencing date has been set.

THE ASSOCIATED PRESS

Battery maker

China approves Wanxiang bid to buy U.S.'s A123

China has approved a proposal by auto-parts conglomerate Wanxiang Group Corp. to purchase the assets of bankrupt U.S. battery maker A123 Systems.

The Chinese Commerce Ministry's approval of the bid was announced by the official Xinhua News Agency on Sunday. Wanxiang is interested in buying substantially all of the assets of A123, based in Massachusetts. It will have to compete with other bidders, including Johnson Controls Inc., from the U.S.

THE ASSOCIATED PRESS

Bank of Canada. Traders eye rate announcement, 'fiscal cliff' uncertainty

The Bank of Canada is expected to announce this week that it is leaving interest rates unchanged and continue to give the impression that it's in no rush to move them off ultra-low levels.

Economists are confident the bank will continue to keep its key interest rate unchanged at one per cent, considering the worsening economic conditions around the globe.

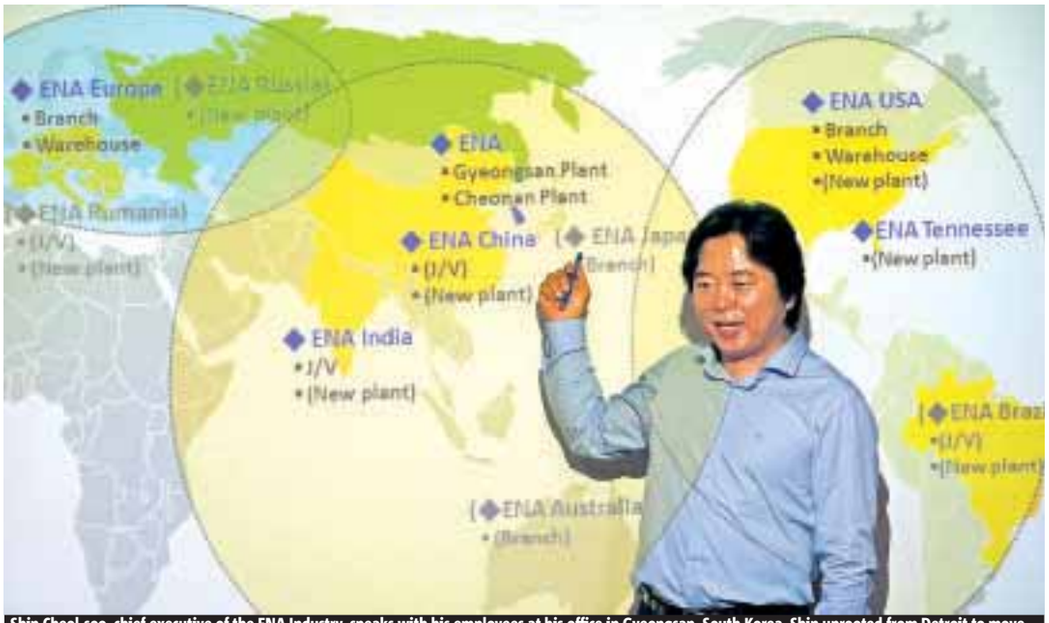
Meanwhile, it's the fear of worsening economies that is expected to produce another volatile week on stock markets as traders look for some progress in avoiding a serious budget impasse in the U.S. that could result in steep tax increases and significant spending cuts at the start of 2013. The worry is that those cuts and hikes would shock the U.S. economy back into recession.

THE CANADIAN PRESS

Quoted

"There's no obvious reason for the bank to be raising rates ... for quite some time."

Doug Porter, deputy chief economist at BMO Capital Markets



Shin Cheol-soo, chief executive of the ENA Industry, speaks with his employees at his office in Gyeongsan, South Korea. Shin uprooted from Detroit to move closer to China, where economic opportunities are stronger. China now leads the world in terms of key trade partnerships. LEE JIN-MAN/THE ASSOCIATED PRESS

China tops U.S. as world's trade partner

The hand that feeds. China is starting to push back in disputes over trade, exchange rates and climate change

Power-holder

"The United States is a tiger with no power. Nobody can deny that China is the one now rising."

South Korean businessman Shin Cheol-soo

Shin Cheol-soo no longer sees his future in the United States.

The South Korean businessman supplied components to American automakers for a decade. But this year, he uprooted his family from Detroit and moved home to focus on selling to the new economic superpower: China.

In just five years, China has surpassed the U.S. as a trading partner for much of the world, including U.S. allies such as South Korea and Australia, according to an Associated Press analysis of trade data. As recently as 2006, the U.S. was the larger trading partner for 127 countries, versus just 70 for China. By last year the two had clearly traded places: 124 countries for China, 76 for the U.S.

In the most abrupt global shift of its kind since the Second World War, the trend is changing the way people live and do business from Africa to Arizona, as farmers plant more soybeans to sell to China and students sign up to learn Mandarin.

The findings show how fast China has ascended to challenge America's century-old status as the globe's dominant trader, a change that is gradually translating into political influence. They highlight how pervasive China's impact has been, spreading from neighbouring Asia to Africa and now emerging in Latin America, the traditional U.S. backyard.

Despite China's now-slowing economy, its share of world output and trade is expected to keep rising, with growth forecast at up to eight per cent a year over the next decade.

Last year, Shin's Ena Industry Co. made half his sales of rubber and plastic parts to U.S. factories. But his plans call for China, which overtook the U.S. as the biggest auto market in 2009, to rise fivefold to 30 per cent of his total by 2015.

"The United States is a tiger with no power," Shin said in his office, where three walls are lined with books, many about China. "Nobody can deny that China is the one now rising."

Trade is a bit like football — the balance of exports and imports, like the game score, is a neat snapshot of a jumble of moves that make up the economy, and both sides are apt to accuse each other of cheating from time to time. Also, the U.S. and China are both rivals and partners who can't have a match without each other, and a strong performance from both is good for the entire league.

Trade may get less publicity than military affairs or diplomacy, yet it is commerce that generates jobs and raises living standards. Trade can also translate into political power. As shopkeepers say, the customer is always right: Governments listen to countries that buy their goods, and the threat to stop buying is one of the most potent diplomatic weapons.

THE ASSOCIATED PRESS

In this Jan. 24 photo, protestors dressed as referees rally against the Keystone XL pipeline. U.S. President Obama now faces mounting pressure to decide on whether to approve the $7-billion pipeline. THE ASSOCIATED PRESS FILE

Obama's pipeline decision may be indicative

It's a decision U.S. President Barack Obama put off during the 2012 campaign, but now that he's won a second term, his next move on a proposed oil pipeline between the U.S. and Canada may signal how he will deal with climate and energy issues in the four years ahead.

Obama is facing increasing pressure to determine the fate of the $7-billion Keystone XL project, with environmental activists and oil producers each holding out hope that the president, freed from the political constraints of re-election, will side with them on this and countless other related issues down the road.

On its surface, it's a choice between the promise of jobs and economic growth, and environmental concerns. But it's also become a proxy for a broader fight over American energy consumption and climate change, amplified by Superstorm Sandy and the conclusion of an election that was all about the economy.

"The broader climate movement is absolutely looking at this administration's Keystone XL decision as a really significant decision to signal that dirty fuels are not acceptable in the U.S.," said Danielle Droitsch, a senior attorney with the Natural Resources Defence Council.

Once content with delays, opponents have launched protests in recent weeks at the White House and in Texas urging Obama to kill the project. On Capitol Hill, support for the pipeline appears to be gaining.

The pipeline became an issue in the campaign and Obama put it on hold while a plan was worked out to avoid routing it through Nebraska's environmentally sensitive Sandhills region.

THE ASSOCIATED PRESS

SHOPPING FOR AN IDENTITY

URBAN COMPASS
Colin Fast
winnipeg@metronews.ca

As one institution made its glitzy debut this week, another announced it would soon be winding down.

On the surface, the only common element between Ikea and Kelekis Restaurant is that they both serve hotdogs, among other things.

But this is a story about how shops and restaurants help to shape our identity as a community. And how the difference between a small hole-in-the-wall diner and an international furniture behemoth can also be the difference between dynamic and banal.

This city lost its collective mind when Ikea opened last week. People camped out overnight for the privilege(?) of being the first to shop there. Media gave it coverage on par with a provincial election. Politicians attended the ribbon-cutting. And the Chamber of Commerce said the store's opening defines Winnipeg as a "big-league city."

Yeesh. There's no question Ikea is a big economic deal, but where's our Chamber of Culture or Chamber of Character? Because by those measures, Ikea — or Target, Victoria's Secret, Famous Dave's or Five Guys Burger and Fries — fails miserably.

It's not that there's anything inherently wrong with liking these places or their products. It's just that they lack any soul, and don't make Winnipeg anything more than just another city with the same chain stores as everyone else.

The experience of shopping in Ikea Winnipeg is, by design, identical to visiting the chain's outlets in Calgary, Minneapolis or Brisbane. Once Target opens, the same will be true for its stores.

Contrast that with scarfing down 'dogs at Kelekis, flipping through books at McNally Robinson, or rediscovering your inner child at Toad Hall Toys. These are all local places with local flavour that help make living in Winnipeg a less generic experience.

That's not to say you have to love all things Winnipeg to be a true Winnipegger. I'll confess that I can't stand Jeannie's Cake, but I appreciate it's more meaningful to our city's identity than a stack of McCain's Deep & Delicious in the freezer aisle at Safeway.

I recall interviewing Nils Vik of Parlour Coffee — another great local place — last year, and he pointed out that when you go on vacation, you don't usually come back and share stories about the fantastic chain store you visited. Instead, it's the small, unique shops and restaurants that spark real memories for visitors and residents alike.

It's the difference between getting your cup of coffee at Parlour rather than Starbucks. Having your hair trimmed at Hunter & Gunn rather than Ultracuts. Or ordering a sandwich from Myers Deli instead of Subway.

So enjoy our new Swedish overlords and their big-chain buddies, if that's your thing. But rather than getting completely swept up in the hype, try to pause to remember the local guys, like the Kelekis family, who really make this city what it is.

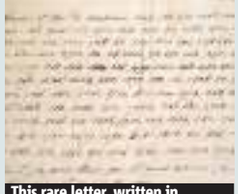
Blowing up the Kremlin

Secret-code letter by Napoleon auctioned off

A secret-code letter sent in 1812 by Napoleon Bonaparte boasting that his French forces would blow up Moscow's Kremlin has sold at auction for 10 times its estimated pre-sale price.

A Paris museum — the Museum of Letters and Manuscripts — was finalizing its purchase of the Oct. 20, 1812, document for $243,500 US, including fees. That's far above the pre-sale estimate of $19,500 US.

Auctioneers at Fontainebleau Auction House south of Paris say the letter sold Sunday is unique. It was written in a numeric code used by the French ruler to throw off would-be interceptors. Its content bared the strains on Napoleon of his calamitous Russian invasion.



This rare letter, written in unusually emotive language, sees Napoleon complain of harsh conditions and the shortcomings of his grand army.
CHRISTOPHE ENA/THE ASSOCIATED PRESS

One line said: "At three o'clock in the morning, on the 22nd I am going to blow up the Kremlin."
THE ASSOCIATED PRESS

Cartooning consumerism

CONTRIBUTED

Windsor, Ont.

Tagging acts as culture commentary

The iconic cartoon father Homer Simpson pasted to the side of a shuttered 7-Eleven in Windsor, Ont., cries out in pain, blood dripping from his hands and wrists. Dubbed Homercidal, he's the work of street artist Ben Frost.

"It's as if consumerism has affected Windsor in a way that's burst the bubble," he says. "Homer has the blood of the workers on his hands." METRO

D'oh

- Frost also affixed a two-headed Dewey (of Duck Tales fame) to an abandoned Kentucky Fried Chicken and a somewhat disturbing version of Bambi to a former Home Depot location.
- The KFC duck clearly invokes urban legends about the company using genetically modified animals in its food, while the Home Depot piece is a comment on mass-produced goods.

Buyer's remorse

Message might stick

Frost uses his art as a form of social commentary.

"In a lot of ways, it's about using corporate imagery as a way to take the power back, taking their logos and what they're feeding us and subverting it," he says.

Frost's pieces are paper posters affixed using simple adhesives. The method helps minimize his chance of a run-in with the law.

"Because it's paper, you can only get in trouble for littering," he says. METRO

Not about doughnuts

"It's a nod to a consumer culture where we're just creating simulations of the same stuff ... especially at a place like Home Depot where there's five million $1 paintbrushes. There must be a machine somewhere that's just spitting them out."

Ben Frost, Toronto-based street artist

Chilly winter warmed by big hearts

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

The temperature is dropping, the holidays are drawing near and three students at Warren Collegiate are helping spread some toasty cheer.

Stefanie Lasuik, Emily Boonstra and Janessa Mankewich, all 17, have started an initiative called Warm Hearts to collect blankets, sweaters, socks, gloves and more for those in need.

"We drive past the Lighthouse Mission all the time," says Boonstra. "We see an abundance of people lined up outside and they're shivering and don't have the essentials they need with winter coming."

Inspired to do something to help, the girls went door-to-door on Halloween night, spreading the word about Warm Hearts and collecting clothing donations instead of candy.

The response was overwhelming. "The community is really supportive," says Boonstra. "They care and they understand the problems that people are facing." On Dec. 3, the girls will head down to the Lighthouse Mission to distribute the items they collected.

They plan to carry the clothing drive into the new year and to donate the next collection to Siloam Mission in mid-January.

Gently used items can be dropped off at Warren Elementary or Warren Collegiate.
CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro
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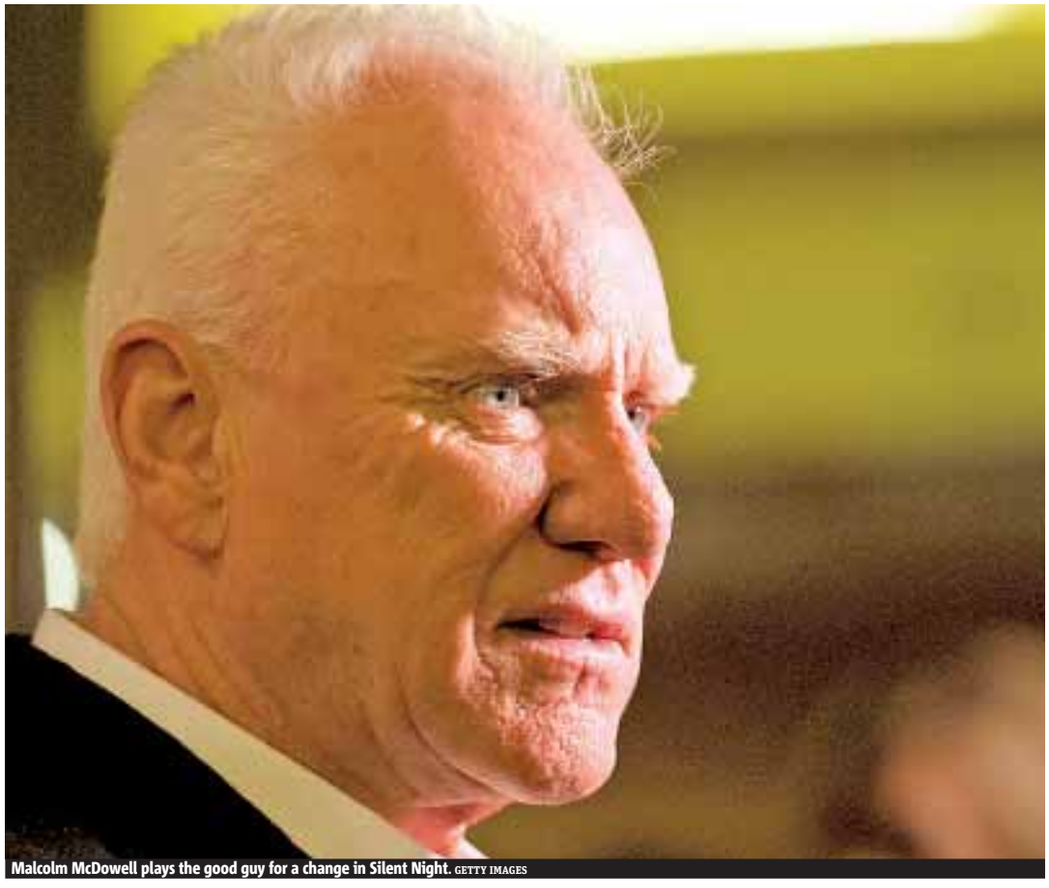
Torture? That's fine, but don't beat him at ping-pong

Silent Night. Latest role offers McDowell — who relished beating Stanley Kubrick at table tennis — a rare chance to play the good guy

RICHARD CROUSE
Scene@metronews.ca



Malcolm McDowell plays the good guy for a change in Silent Night. GETTY IMAGES

On Wednesday, the two most popular items on my Facebook site were a picture of a kimono-wearing David Bowie playing ping-pong, the other a mention of my upcoming interview with Malcolm McDowell.

My reference to McDowell, the menacing actor who famously played the man who killed Captain Kirk in Star Trek: Generations and became an icon starring as Alex DeLarge in A Clockwork Orange, drew dozens of comments.

The interview was meant to promote Silent Night, a Winnipeg-shot slasher flick about a killer Santa Claus, on DVD next week, but before we get into talking about the film, however, I tell him about the postings. He connects the dots between table tennis and his most famous film.

It seems director Stanley Kubrick and McDowell played ping-pong on the set of A Clockwork Orange. When I ask who usually won, he said:

"He never ever took a set from me. I wiped the floor with him with such great relish because it was the only thing I could really beat him at. He was tormenting me as the character and I'm sure deep down he enjoyed it. He was a little bit sadistic. I went through quite a lot of nasty injuries from the eye thing and horrible things like being dunked in water and almost drowned. There was a lot of physical abuse. So when I could get my own back, I really loved it."

When I ask if he still plays the game, he replies, "No, I haven't played in years."

Hasn't had time I guess.

An on-going role in the series Franklin and Bush and 17 other IMDB credits for 2012 alone are proof that at age 69, he keeps as busy as most actors half his age. He says Silent Night was a welcome change, however.

Usually cast as a baddie, he was chuffed to play the brave sheriff of a town terrorized by a slaying Santa. "Without pandering to the audience, I just wanted to bring a little lightness and humour to it without chewing the scenery," he says. "Well, not too much."

Not that he's unhappy playing villains. "In my early career, I started playing heavies," he says. "Clockwork Orange is one of the great heavies. If I had been playing heroic types I would have had a very short career. Playing heavies has allowed me to work no matter what my age."

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Shania Twain singing at her comeback concert in Vegas. THE ASSOCIATED PRESS

Twain shows she's Still The One after eight-year break

Standing ovation. Canadian country star overwhelmed by adoring fans during emotional comeback concert in Las Vegas

Shania Twain roared into her first live show in more than eight years perched atop a glistening motorcycle on Saturday, dangling on wires at least three metres in the air in a sequined black catsuit, her thick brown hair flowing behind her.

Without singing a word, she then received her first standing ovation from an adoring Caesars Palace audience. Shania was back. And her new Las Vegas digs seemed an even better fit for the Canadian-bred country starlet than the skin-tight costume she wore as she stomped her thigh-high black boots back across the stage for the first time since July 2004. Next, fierce guitars cut like buzzsaws as her 13-piece band launched into I'm Gonna Getcha Good and Twain strutted about the stage as if she'd never left.

But of course, she did leave — and she didn't let the sold-out crowd forget that they were witnessing a tough, triumphant moment for the 47-year-old many still consider the Queen of Country.

"Thank you. Thank you so much — you guys are going to get me all emotional, and then my eyelashes are going to fall off," said Twain, dabbing at her eyes as she addressed the audience for the first time.

And yet, this 100-minute show — titled Shania: Still The One — was at once a callback to one of the most successful runs in recent music history as well as a chic, cheeky look toward a new era in Twain's career.

And she certainly looked rejuvenated. She laughed often — even when it threatened to throw off her delicate diction — she blew kisses, she waded into the crowd, she mimed cymbal smashes and occasionally tossed off seemingly improvised dance moves imbued with the spontaneous joy of someone lost in the moment.

"You guys having a good time so far?" she asked halfway through her set.

"I hope so, 'cause that's the only reason I do this. ... Otherwise I would just stay on my lonesome and sing."

Yes, Twain still effortlessly projected the warmly accessible cowgirl next door, even while wholeheartedly embracing the glitz and sizzle expected on the Las Vegas Strip. She first sent a jolt through the crowd by charging onstage on the back of a black stallion before launching into a rowdy take on Ain't No Quitter with the stage decorated to look like a Wild West saloon.

During That Don't Impress Me Much, meanwhile, huge metal pipes churned out smoke on either side of the stage while snarling leopards were projected on the walls.

And during You're Still the One, she trotted onstage on a different horse, a white equine this time, before gently frolicking with it throughout the performance, confetti shaped like snowflakes falling from the sky.

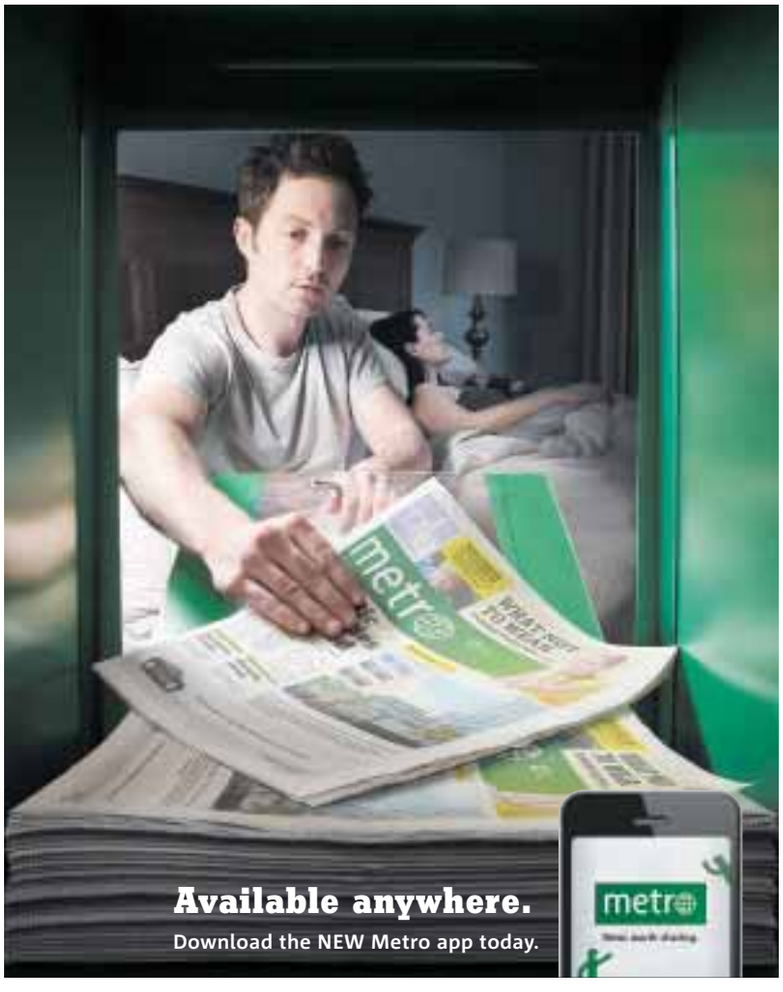
Saturday's show was extra meaningful in part because Twain has been in vocal rehabilitation for years, since reporting the sudden loss of her voice following her painful split from studio wizard and key creative collaborator Robert (Mutt) Lange. If Twain showed hints of rust in her voice early, she only sounded more robust and comfortable as the gig went on, setting an especially lofty mark for herself during a lovely version of From This Moment On.

While the show was a family friendly affair, Twain also proved that, after nearly a decade spent out of the public eye, she's still not shy about tapping into the power of her sex appeal — and this is, after all, Vegas.

Twain's initial tour run will include 10 performances through Dec. 15, with the next 14-show engagement beginning March 19.

And the fact that Come On Over is still the best-selling studio album by a female act and best-selling country album of all time, she shouldn't have a problem selling all dates out.

THE CANADIAN PRESS



Robert Pattinson

A biting affair: Pattinson keeps Stewart on her toes

Kristen Stewart and Robert Pattinson may have reconciled following her cheating scandal this summer, but it's not necessarily all smooth sailing between the Twilight co-stars.

"Things will be strained for a while," a source tells Us Weekly. "Rob is at a point where he sometimes ignores her. He'll go out and won't respond to her calls or texts right away. She knows she has to go along with it. She is working hard at the relationship."

Twitter

@rustyrockets
On my way to #PerthArena, first comic to play there. And last - the finale involves clumsy pyrotechnics.

@KChenoweth
I think im tryin to get the flu. But i wont let it happen.

@billmaher
Dec. 1 is kind of a depressing day - into the last month now...another year shot, another year closer to death. Happy Holidays everybody!

@kevin_nealon
Conundrum Question: What if global warming was responsible for no earthquakes lately in California?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Ke$ha wouldn't rule out romance with the Biebs

While Justin Bieber appears to be patching things up with Selena Gomez, he can take comfort in the fact that he'd have other options if the reconciliation doesn't work out. When asked by Rolling Stone if she'd be interested in getting intimate with the 18-year-old pop star, rapper Ke$ha gives a resounding, "Sure" before asking, "Wait, is he even legal? Could I go to jail for this?" Once assured that Bieber is in fact of age, Ke$ha adds, "OK then, I would. We could go out and buy lottery tickets, vote, play putt-putt golf. All the things that are legal at the age of 18."

Justin Bieber

Quoted

"Wait, is he even legal? Could I go to jail for this?"

Ke$ha
On getting intimate with Justin Bieber

Jessica Biel ALL PHOTOS GETTY IMAGES

Biel loves calling Timberlake her hubby

Jessica Biel is adjusting to married life, as weird as it may seem to her just over a month after tying the knot with Justin Timberlake.

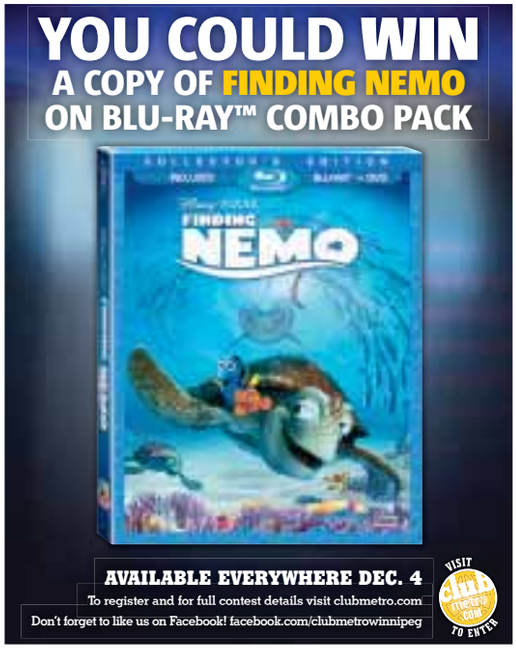
"It's weird because it feels like almost nothing has changed, yet something that you can't really describe — or something that isn't tangible — has changed," she tells Ellen DeGeneres in an interview.

"I think the weirdest and kind of most wonderful thing is that word, 'That's my husband.' That's the word. And every time I say it, I go really Southern with it. It's weird."

Halle Berry

Custody agreement final for Berry and ex Aubry

After a lengthy custody battle that came to a head with a bloody Thanksgiving brawl between Gabriel Aubry and Olivier Martinez, Halle Berry and ex-boyfriend Aubry have reportedly reached a custody agreement over their four-year-old daughter Nahla — though details are hard to come by. "The parties have reached an amicable agreement. There will be no further statements regarding this matter," Berry's lawyer said in a statement to People magazine.



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Water activities

Little swimmers

Beyond sleeping soundly, new research suggests kids who swim also hit developmental milestones earlier than their landlocked peers.

The Griffith Institute for Educational Research pooled together three years' worth of data from 7,000 under-fives from Australia, New Zealand and the U.S. in the most comprehensive study on the impact of early years swimming.

Swimmers outperformed non-swimmers, regardless of socio-economic background and gender. Not only were visual-motor skills milestones achieved earlier, but children who swam also scored better in areas of literacy and numeracy. JULIE M. GREEN, YUMMYMUMMYCLUB.CA

Cleanup

Easy linen closet solutions

Have you ever found yourself pulling apart your entire linen closet in a desperate search for matching sheets and pillowcases?

Well, there's a super simple solution that I wish I would have thought of years ago!

When you are putting your sheets away, fold and place them inside the matching pillowcase. That way, everything is in one pillowcase — perfectly neat and folded.

Bonus: No one will notice how well (or not well) your fitted sheets are folded.

JOYCE REYNOLDS, YUMMYMUMMYCLUB.CA

Exclusively online

metronews.ca

- **Tweet tweet.** Even the wrong tweet can send mommy into a tailspin of tears, so she had to un-follow Miley Cyrus. Follow along with the comedic (mis)adventures of mommy-hood with Reasons Mommy Drinks online at metronews.ca/voices

No child should feel afraid to go to school — ever

Bullying. The increasing problem hits close to home for one family

CONSUELO BERNARDI
yummymummyclub.ca

It's 2:03 a.m. and I'm wide-awake. My mind keeps replaying a conversation my husband and I had with our six-year-old son, who told us he was being bullied at school.

It was the hardest, most gut-wrenching conversation I've ever had. My son was a happy, optimistic kid who recently had turned into an angry, moody and argumentative shell of himself. For the longest time, I blamed myself for going back to work. I wish my job was the reason behind the change.

He was afraid of recess. He didn't want to be pushed or called an idiot and a baby.

The worst part was that he was starting to believe these words. He said, "I know you keep saying that they are just words and I should ignore them, but sometimes the words are just too strong and my brain tells me to believe them. Maybe I am the world's worst boy and I don't deserve to be at that school or in this family. Or maybe I shouldn't even be on this earth. Those boys are making my life shorter. I feel that in my head."

No six-year-old should ever say these words. No child should feel afraid to go to school — ever.

I now have a heightened sense of urgency to find a bullying solution. I get that kids will be kids, but this generation seems to be increasingly filled with kids who push and test the boundaries with no true sense of what consequences their actions will have.

Schools need the resources and support to deal with this ever-growing problem. Parents need to be more proactive.

We need to talk to our kids about being bullied, what bullying is and what it does. We need to keep the lines of communication open and keep the dialogue going until it sinks in.

Before he finally fell asleep, my son asked if we were mad at him for telling us what was bothering him. We both told him how incredibly proud of him we were because we knew how hard it was for him to tell us, especially since it had been bothering him for such a long time. We told him we thought he was very brave. He cried. We cried. We exchanged I love yous and extra long hugs.

Bullying proves that words can hurt. ISTOCK

I stayed with him until he fell asleep, just staring, watching him breathe and hoping that his mind would be filled with nothing but good dreams while he slept. And I wished that in the morning he would turn back into that happy, carefree little boy I once knew.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Roll up your sleeves and bake with kids

There are ways to enjoy baking with the little ones. ISTOCK

Bonding. Having little ones help in the kitchen creates memories

MOMSTOWN
Yummymummyclub.ca

You're covered in flour, the floor is a mess of coconut and chocolate chips, and your kids' fingers won't stay out of the mixing bowl.

It sounds like a disaster, right? Nope, it's a memory. It's a learning experience. It's a wonderful holiday tradition for you to create with your kids. It's a moment that's worth all of the cookie crumbs and vagrant coconut pieces.

Baking with your kids is really something they will remember forever.

Take the plunge, pull out your apron and remember these five tips to help your survive baking with the kids.

Make a plan

Get ahead of the mess and set up the ingredients along with bowls, measuring cups and the mixer. The more organized you are, the better.

Reason for the insanity

Make something to give to the teacher or neighbour in a cookie exchange. By planning it that way, you're less likely to bail on the plan and more likely to help your child develop pride in his or her work and giving.

Choose a creative project that's easy to adapt

A project or recipe that is too complex will be frustrating for both you and the kids. Small hands and short attention spans will do better with projects that have only a few simple steps.

Document!

Take loads of pictures of the whole process for the memory books (or social networking sites). If the cookies burn, you'll be bummed about having no treats, but you'll still be able to reflect on how much fun it was.

Eggnog never hurts

There's nothing wrong with mama chef enjoying a little spiked eggnog during the baking process. It helps turn a blind eye to the egg shells in the batter and the fingers in the bowl. We're all real moms, right?

A Tex-Mex fiesta in a bowl

The garnishes for this Tortilla, Sautéed Corn and Plum Tomato Soup make it a real Tex-Mex favourite as well as a beautiful-looking soup.

It's a great starter to a main course of fajitas, burritos or quesadillas.

I buy flavoured tortillas in bulk and freeze them.

To defrost, place the entire package in the microwave oven and heat on high for 30 seconds, or just until you can break away the number you need. Refreeze the remainder.

The different colours add interest to any meal.

This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

1. Spray a non-stick saucepan with cooking oil, add the vegetable oil and place over medium heat. Cook the onion, green pepper and garlic, stirring occasionally for 5 minutes or until the onions are golden. Stir in the corn and cook for 5 minutes, or until the corn begins to brown.

2. Stir in the stock, black beans, rice and chili paste. Bring to a boil, reduce the heat to a simmer and cook for 12 minutes.

3. Add the tomatoes, cornstarch (dissolved in 1 tbsp of water) and salt and pepper. Simmer for 2 minutes until slightly thickened.

4. Ladle the soup into individual bowls and garnish each serving with tortilla strips, fresh herbs, and sour cream.

Ingredients

- 2 tsp vegetable oil
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 tsp minced fresh garlic
- 3/4 cup drained canned corn kernels
- 4 cups chicken or vegetable stock
- 3/4 cup rinsed and drained canned black beans
- 3 tbsp basmati rice
- 1 tsp hot chili paste
- 1 cup diced plum tomatoes
- 2 1/2 tsp cornstarch
- 1/4 tsp salt and freshly ground black pepper
- 1 cup thinly sliced flavored flour tortillas
- 1/3 cup chopped cilantro or parsley
- 1/4 cup low-fat sour cream

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

When in doubt at Pizza Hut, one meat is better than six in calories and fat.

Pizza Hut Meat Lovers multi-grain personal pizza

740 calories/ 34 g fat
The name says it all. Six fatty meats account for the calories and fat. It's close to half your daily calories and fat in just one small meal.

Equivalent

One Pizza Hut Meat Lovers multi-grain personal pizza is equivalent in calories to three hot dogs with buns, ketchup and mustard.

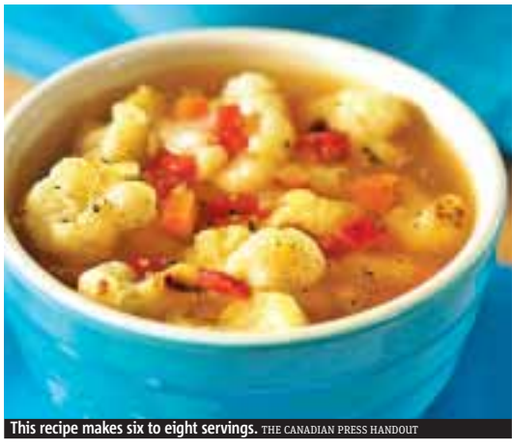
Pizza Hut Pepperoni on multi-grain personal pizza

510 calories/ 17 g fat
Pepperoni in moderation cuts the fat in half and contains less calories than the Meat Lovers choice.

Comfort and nutrition of cauliflower soup

This Roasted Cauliflower and Red Pepper soup not only offers great flavour, but the colours and textures are attractive as well.

Roasting intensifies the flavours of the vegetables. To roast red peppers, quarter peppers and remove seeds. Place skin side up on a rimmed baking sheet in a 230 C (450 F) oven and roast for 10 minutes. Turn peppers over and roast for 10 to 15 minutes or until skins are blackened. Transfer to a bowl, cover tightly and let stand for about 15 minutes. When cool enough to handle, peel off blackened skin and discard.



This recipe makes six to eight servings. THE CANADIAN PRESS HANDOUT

Ingredients

- 1.25 l (5 cups) bite-size cauliflower florets
- 20 ml (4 tsp) canola oil, divided
- 250 ml (1 cup) finely chopped onion
- 250 ml (1 cup) finely chopped carrots
- 2 cloves garlic, minced
- 1 l (4 cups) reduced-sodium chicken broth
- 2 roasted red bell peppers, finely chopped
- 2 sprigs fresh thyme
- Freshly ground black pepper

Meanwhile, cut the cauliflower into bite-size florets to make it easier to eat.

1. Heat oven to 220 C (425 F).

2. Line a rimmed baking sheet with foil. Place cauliflower on sheet and drizzle with 10 ml (2 tsp) of the oil.

3. Roast, turning once, for 20 to 25 minutes or until florets start to caramelize and are lightly browned.

4. Meanwhile, in a large pot, heat remaining oil over medium heat. Sauté onion and carrots for 3 to 4 minutes or until softened. Add garlic and sauté for 30 seconds. Stir in caramelized cauliflower, broth, roasted peppers and thyme; increase heat to high and bring to a boil. Reduce heat and simmer for 10 minutes to blend flavours. Discard thyme sprigs. Season to taste with pepper.

THE CANADIAN PRESS/ COOK! DIETITIANS OF CANADA (ROBERT ROSE INC., 2011).

Why you should never stay at a job for more than five years

Employment. Changing jobs frequently was once a no-no on one's work record — how times have changed

YLVA VAN BUUREN
careerbear.com

Here are 10 reasons why changing jobs every four to five years can be a positive move, both professionally and personally.

1. Discovery
A new job provides opportunity to learn a new industry, skill or even perspective, says Lauren Friese from TalentEgg, a job website and career resource for students and new graduates. At the same time, you are finding and developing your areas of interest by tackling the unknown.

2. Good things come from putting yourself out there
As Maeghan Smulders, the Canadian super-intern who interned at 10 different companies over several months in order to find her dream job proves, opening yourself up to a range of individuals and networks has a huge professional advantage.

3. It teaches you how to take a calculated risk
Says Friese: "If you feel you can make a rational decision that the grass is truly greener in another opportunity, I think that you should always take it."

4. It pays
If you can't get ahead at your current job, it may be time to find another one. Career advancement and more money are great reasons to take another job.

5. No one will judge you
It's common knowledge that careers are much more fluid than they used to be. "Rather than talk about someone having several different careers over their past. Eventually, while full-time jobs will still exist, I think that people will not be defined by where they work as much as before."

7. The Peter Principle
The Peter Principle suggests that many organizations promote their employees to positions that they are not actually capable of doing — and that's where they stay. Leaving avoids that from happening.

8. Your reputation
As the workplace changes and becomes younger due to demographic shifts, the best way to stay employable and hip is to have a broad range of experience. Moving around also saves you from being pigeon-holed.

9. Survival
Ensuring a broad skill-set reduces your chances of being caught in an obsolete or shrinking field, and it provides a life raft in the event you are.

10. Necessity
Some firms have a built-in culture of turnover. For example, it is well known that large accounting firms hire a lot of young people to do their auditing and expect at least half of them to move on.

The great web of work

- Career Bear is Canada's premier source for people who want a new career, but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

life," says Friese, "I think we'll talk more about numerous opportunities to work from different angles and experiences."

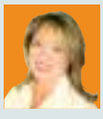
6. It's a reflection of the new workplace reality
"In general, the whole workforce in this country is becoming a flexible workforce," says Friese. Also, 'one company from first-hire to retirement' employment is becoming a thing of the

If the grass is really greener on the other side, go for it. ISTOCK IMAGES

The In-Credibility Factor

Cody Battershill PROVIDED

Name: Cody Battershill
City: Calgary
Age: 28
Occupation: Real estate agent and community activist



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Cody Battershill had plans to become a lawyer, but when his mother suggested he get into real estate he switched gears and became an immediate success.

Two years into his career, he was honoured with the MLS Millionaire Dollar Club Award and was in the top one per cent of sellers in his company. Focused and very successful in his career, Cody is also intensely committed to his city and volunteers with more than seven child and youth organizations in Calgary.

I knew I was on my way when... I was 20 years old and I sold my first house. I felt like I had gotten to the first yard marker of my success in my new career, but it's been eight years and I've never looked back.

A lot of people talk about balance. For me, that's having a family, being a pillar of the community and helping those less fortunate. One of the best things is the friendships you make. Everywhere I go I see people that have become my friends because I helped them accomplish their real estate goals. The No. 1 most important thing for me is to put my clients and their concerns first. Don't focus on the money, focus on the client.

Action Plan

- **Never stop reading, learning and growing**
- Embrace technology. I read 25 magazines and two books a month on the Internet.
- I have over 20,000 friends on Facebook and I had 25,000 visitors to my website because I love what I do.
- Do things for the right reason and the business will follow.

- **Surround yourself with the right people**
Look for successful people who can mentor and guide you. Ask them as much as you can for advice, career direction and planning.

- **Stay focused on your goals**
Don't let anyone discourage you. Your life is what you make it so set goals for this month, this year and then five years down the road.

Short term setbacks always lead to longer term success with the right attitude.

SPORTS 4

NHL

Head honchos to sit out next round of negotiations

The NHL's collective bargaining talks will resume without the key negotiators in the room.

A handful of owners and players will meet Tuesday afternoon in New York.

Commissioner Gary Bettman proposed the meeting last week and the NHLPA accepted it on Sunday.

Both he and NHLPA executive director Donald Fehr won't be present for the session. The NHL lockout is into its 12th week. THE CANADIAN PRESS

NHL commissioner Gary Bettman GETTY IMAGES FILE

Stoughton, Lawton one step closer to Olympics

Canada Cup of Curling. Narrow victories in finals propel teams to qualifying tournament for 2014 Winter Games

Jeff Stoughton defeated world champion Glenn Howard 4-3 on Sunday in the men's final of the Capital One Canada Cup of Curling, while Stefanie Lawton won the women's title.

Stoughton and Lawton each scored in the 10th end to secure a spot at next year's Olympic qualifying tournament.

"It's been a tough grind this week. I'm really proud of the guys, and I think it's going to hit us in the next week that we finally did it, and we don't have to worry about anything at all for the rest of the year," Stoughton said of his Winnipeg rink. "Of course we want to go back to the Brier, but I think it will be a little less stressful."

Lawton — whose Saskatoon rink included Marliese Kasner, Sherri Singler and Sherry Anderson — won 6-4 over a Jennifer Jones team that was being skipped by Kaitlyn Lawes.

Stoughton, meanwhile, was joined by Jon Mead, Reid Carruthers and Mark Nichols in taking out Howard's foursome from Coldwater, Ont.

"We had our chances," said Howard. "Mark had two great tick shots in 10, and that makes it tough for us. But it was a good game, and I'm proud of the boys."

The men's and women's champions receive one of the six automatic qualification spots for the Roar of the Rings next December in Winnipeg — the tournament that will determine Canada's entries at the 2014 Winter Games in Sochi, Russia.

"It's huge," Lawton said clinching a spot. "You count points all year — the last couple of years — to get that berth. We don't have to worry about counting points, and where you're ranking.... For sure, that feels really good." THE CANADIAN PRESS

Winnipeg skip Jeff Stoughton sits in the house during his 8-7 loss to John Epping in the Capital One Canada Cup curling competition in Moose Jaw, Sask., on Friday. MICHAEL BURNS/CANADIAN CURLING ASSOCIATION/THE CANADIAN PRESS

Chiefs find win amidst the grief

Kansas City Chiefs players kneel and pray before a game against the Carolina Panthers on Sunday in Kansas City, Mo. GETTY IMAGES

Against the backdrop of an unthinkable tragedy, the Kansas City Chiefs gave themselves a reason to be proud Sunday — and perhaps the impetus to let the healing begin.

Brady Quinn threw for 201 yards and two touchdowns, and Jamaal Charles ran for 127 yards in the Chiefs' 27-21 victory over the Carolina Panthers. The win snapped an eight-game losing streak during one of the most difficult seasons the franchise has ever experienced.

The win came a day after linebacker Jovan Belcher allegedly shot his girlfriend multiple times, then drove to the team's practice facility and turned the gun on himself as GM Scott Pioli and coach Romeo Crennel looked on.

Pioli walked through the press box before the game and said he was doing "OK," though he didn't stop to talk. Crennel was on the sideline coaching his team to an uplifting victory. THE ASSOCIATED PRESS

Quoted

"We have so many guys on our team and our coaching staff who are really, really hurting."

Chiefs chairman Clark Hunt

Crime scene

People were coming and going Sunday from a house where a day before Chiefs linebacker Jovan Belcher allegedly shot and killed his girlfriend.

- Police did not release additional information Sunday.
- Kasandra M. Perkins, 22, was shot multiple times Saturday morning. Belcher drove to Arrowhead Stadium to thank GM Scott Pioli and coach Romeo Crennel for all they'd done for him before he fatally shot himself in the practice facility's parking lot.

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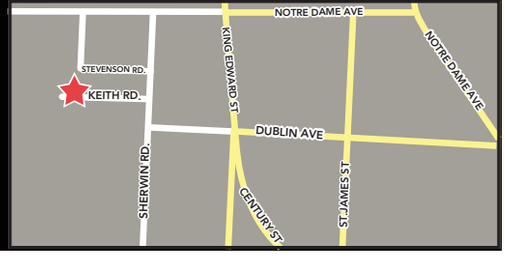


Horoscopes

♈ Aries
March 21 - April 20
If you jump to conclusions today you will most likely get it completely wrong, so be careful. That applies both to personal affairs and to your career. Remember: a quick decision is not always the best decision.

♉ Taurus
April 21 - May 21
Think twice before deciding your next move, then think a third time to be on the safe side. With Jupiter strong in your chart you could make a lot of money – but you could just as easily lose it too.

♊ Gemini
May 22 - June 21
It could turn out to be costly if you act on the advice of a colleague. Trust your own judgment and make your own decisions, even if it means going against "expert" opinion which, as you know, is not always reliable.

♋ Cancer
June 22 - July 23
What is your weak spot? What area are you most vulnerable in? Make sure you know and make sure you are well protected because your rivals will seek to exploit it over the next 24 hours. Be on your guard.

♌ Leo
July 24 - Aug. 23
For some strange reason the words you are using don't sound the way you want them to sound. In which case your best bet is probably to say nothing at all, at least for the next 24 to 48 hours.

♍ Virgo
Aug. 24 - Sept. 23
With the Sun opposing Jupiter across important angles of your chart you will need to make a conscious effort not to go over the top. Whatever it is that is winding you up right now let it go.

♎ Libra
Sept. 24 - Oct. 23
Common sense should tell you that you don't have the time to do everything yourself, so get help from people who share your aims and ideals. They may never do as good a job as you, but what choice do you have?

♏ Scorpio
Oct. 2 04 - Nov. 22
Stop thinking so hard and focus on tasks that are physical rather than intellectual. Not only will your mind get the rest it needs but the answer to an old problem will pop into your head when you least expect it.

♐ Sagittarius
Nov. 23 - Dec. 21
With Jupiter, your ruler, opposed by the Sun today you may fear the worst about a partnership issue, but there really is no need. Everything will work out for the best in the end. Somehow it always does.

♑ Capricorn
Dec. 22 - Jan. 20
Partners and colleagues are far too busy sorting out their own problems at the moment to worry much about yours. Which is annoying in one way but good in another. They are less likely to watch what you're up to!

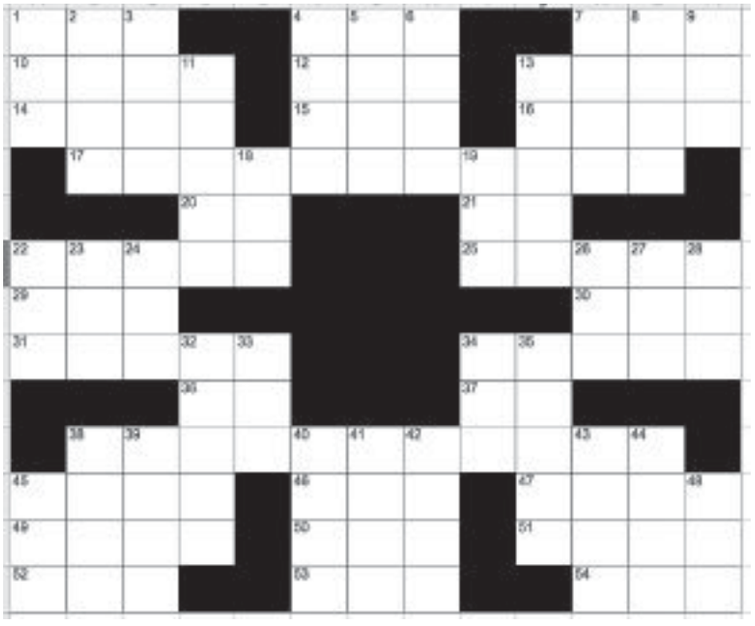
♒ Aquarius
Jan. 21 - Feb. 19
Take what you hear from a friend with a large pinch of salt, because the planets warn they are exaggerating. If they tell you one thing and your sixth sense tells you the opposite you must trust your own inner voice.

♓ Pisces
Feb. 20 - March 20
It might be best not to make any sudden or far-reaching decisions, but if you have to make a choice of some kind make sure you consult family and friends.

SALLY BROMPTON

Crossword

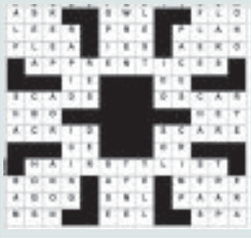
BY BETTY MARTIN



Across
1. Mistake
4. Prone
7. French soul
10. Form of transport
12. Flowery meadow
13. Study hard for a test
14. "He's Just Not That — You"
15. Hockey great
16. Flying (prefix)
17. Home of Parry Sound (2 words)
20. British thanks
21. Two, in Rome
22. Flooded
25. Fury
29. One of the judges on Dancing with the Stars
30. The night before
31. Wards off
34. Absolutely perfect
36. Apiece (abbr.)
37. Regarding (abbr.)
38. Depict
45. Continental currency
46. Airport listing (abbr.)
47. The — Ranger
49. 'A' – – Apple (2 words)
50. Dismal
51. Gradual
52. Abbr. found on a map
53. – la la
54. Wind direction (abbr.)

Down
1. Silkworm
2. Pealed
3. Ceremonial act
4. Like a bump on – – (2 words)
5. Gilpin of Frasier
6. "Gone with the Wind" plantation
7. Land measure
8. Name repeated in a nursery rhyme
9. Funnyman Philips
11. Hauls
13. Log home
18. School cheer
19. Actress Peeples
22. TV alien
23. Tiny
24. Raggedy doll
26. Golly!
27. Longoria of Desperate Housewives
28. Family mem.
32. Evil one
33. — Paulo, Brazil
34. Bargain basement abbr.
35. Buys and sells
38. Sneeze inducer
39. A great lake
40. Retreat
41. Nova
42. Cry of accomplishment
43. Allure
44. Dukes of Hazzard spin-off
45. Corn serving
48. Female sheep

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

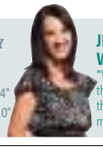
1								5
	4	7				8	2	
			8	5	2			
		6	3	2	1	7		
2	9						8	1
		5	4	8	9	2		
			7	3	8			
	3	2				9	4	
6								8

Friday's Sudoku

1	5	3	7	2	4	6	8	9
2	7	6	9	8	5	4	1	3
8	4	9	6	1	3	2	5	7
9	8	4	5	3	7	1	2	6
7	1	5	2	6	8	9	3	4
6	3	2	1	4	9	8	7	5
5	9	1	4	7	2	3	6	8
3	2	7	8	9	6	5	4	1
4	6	8	3	5	1	7	9	2

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 2° MIN: 0°	MAX: -9° MIN: -18°	MAX: -4° MIN: -10°



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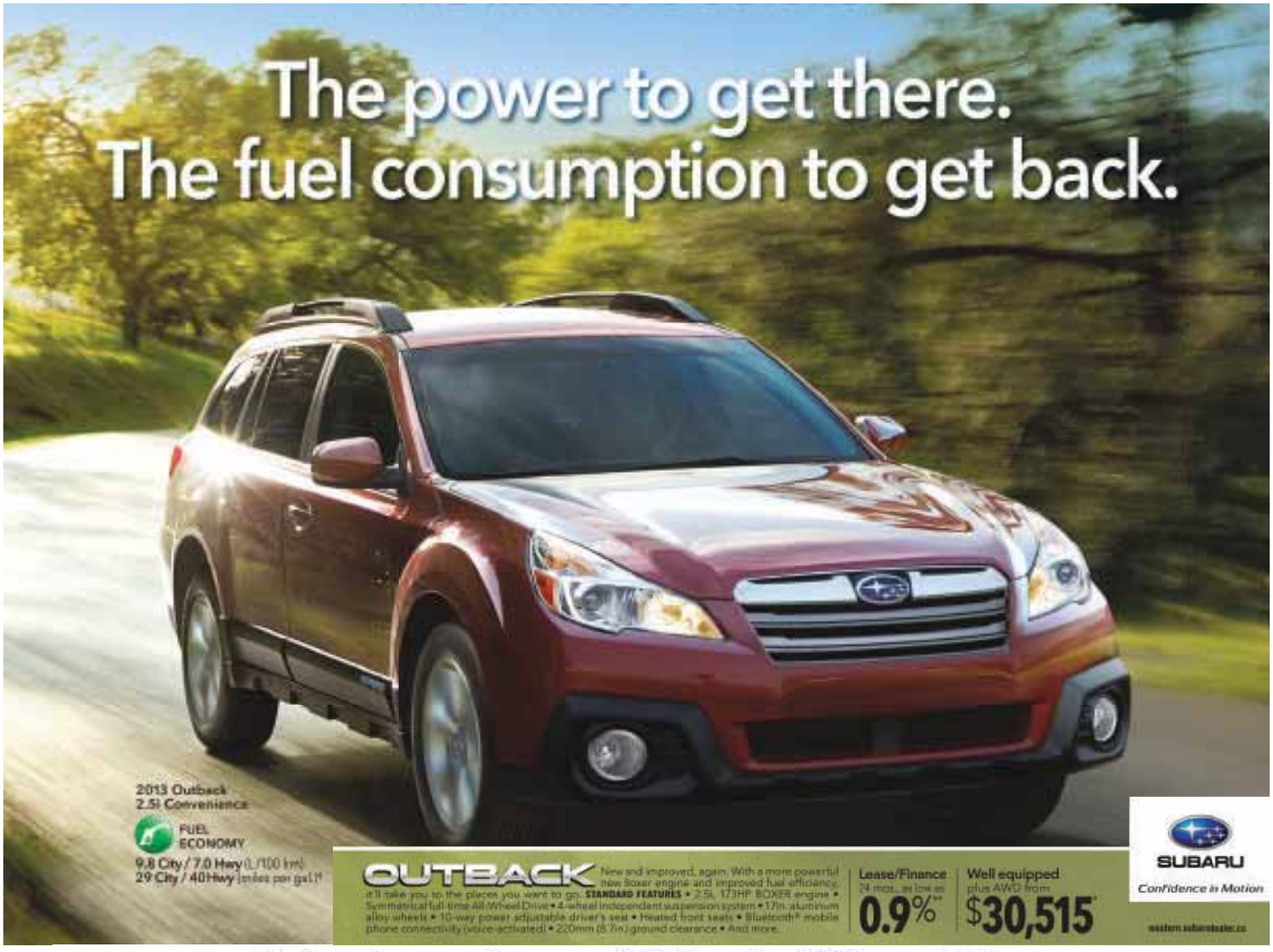
FIDO
CORRECTION NOTICE

Please note that the data roaming rate indicated in the legal notes of our print advertisement about the $57 Smart plan was incorrect and should have read as follows:

"Data transmission charges of 3¢/kB apply when roaming (0.6¢/kB in the U.S.)."

We apologize for the inconvenience.



Get out more in any of Subaru's utility vehicles.

2013 FORESTER 2.5X

Lease/Finance 24 mos., as low as **0.9%**** | Well equipped plus AWD from **$28,015***

2013 XV CROSSTREK TOURING

Well equipped plus AWD from **$26,515***

8.8 City/6.7 Hwy (L/100 km)
32 City/42 Hwy (mpg)*

*Models shown are the 2013 Outback 2.5i Convenience BMT (D01 CPY) 2013 Forester 2.5X BMT (DJ1 KDY) 2013 XV Crosstrek Touring BMT (D01 TPJ) with MSRP of $30,515 / $26,015 / $26,515 including freight & PDI ($1,595), documentation fees ($395) and battery and tire tax ($33). License, taxes, insurance and registration extra. **0.9% finance and lease rates available on all new 2013 Outback / 2013 Forester models for a 24-month term. Financing and leasing programs available through Toyota Credit Canada Inc. on approved credit. Dealer order/trade may be necessary. ***Offer valid until November 1, 2012. See your local Subaru dealer or **www.western.subarudealer.ca** for complete details. †Based on natural resources Canada estimated fuel economy of 9.8L / 8.9L per 100 km (city) and 7.0L / 6.7L per 100 km (highway) or 29 / 32 miles per gallon (city) and 40 / 42 miles per gallon (highway) for a 2013 Outback 2.5i Convenience BMT (D01 CPY) / 2013 XV Crosstrek Touring BMT (D01 TPJ). Actual fuel consumption will vary based on driving conditions, driver habits, and vehicle load.

FRONTIER SUBARU

2537 PEMBINA HWY.
204-944-6604

2007 Toyota Corolla S

Great condition and awesome value. Local trade with all power options. Only 50,000kms Stk # 12071a

Special Savings
$9,980

2005 Jeep Wrangler

Lots of fun for the winter! Just traded in, great value, only 50,000kms Stk # 91700a

Special Savings
$13,260

2009 Hyundai Santa Fe Ltd

AWD, Local one owner trade, Balance of warranty. Stk # 12283

Sale Price
$18,993

2009 Impreza Sport

5dr, one owner, local trade, Just safetied and price to sell, full maintenance history, Stk # 13053

Special Savings
$8,960